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...owner of the Toll Bridge Inn, plans the menu
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**Drinking po
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CSA meeting**

by Caryn Cross
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Clarke Courier

CLARKE COLLEGE ARCHIVES

Volume LVIII

Issue 12 / 3

Clarke College, Dubuque, Iowa

Friday, February 6, 1987



Polish choir opens music hall

by Marie Rank

On Wednesday, February 2, Clarke opened the doors to the new music hall for the first time. Performing at 8:00 p.m. was "Organum," one of the top amateur choirs in the city of Krakow, Poland.

The choir, consisting of 24 women and 17 men, arrived in the United States on January 16. During their three week stay in America, the choir performed in New York, New Jersey and Philadelphia. Before arriving in Dubuque, they also performed in Milwaukee, Osh Kosh, Stevens Point, Eau Claire, River Falls and Minneapolis. From here they went

to Chicago.

The choir is sponsored by the Friendship Ambassadors Foundation, a non-profit, publicly-supported organization. Dennis Hunt, a representative from the foundation, has been traveling with the choir. "We rely on Friendship Ambassador families, when we tour. We stopped at Clarke because of its location between Minneapolis and Chicago, but mainly because it was familiar with the program." Clarke has also toured with Friendship Ambassadors.

Hunt said the choir liked the set-up of our new music hall, because of the "closeness to the au-

dience."

For most of the choir members, this was their first trip to the United States. Lolanta, one of the choir members, said, "I don't feel far away from Poland, the hills and the people of Dubuque are like home, it's very nice."

The choir is made up of a wide variety of people. "Some are students, musicians, professors and we even have an architect," said Hunt. "The group is very dedicated, they rehearse three days a week in Poland."

John Lease, associate professor of music, placed opening night of the music hall, "on a scale of one to ten, 500! It was fantastic."

Rodman and Huettl are sole cast members in 'Hello and Goodbye'

by Michael Cissne

The next theater performance by the Clarke College drama department will be Athol Fugard's *Hello and Goodbye*. Fugard is considered to be the best known contemporary African playwright.

Under the direction of Tim Porter, seniors Doug Rodman and Kim Huettl will perform on February 19-20, at 8:00 p.m. in TDH.

The set and lights were designed by Ellen Gabrielleschi. P.J. Hurley, a junior drama major, designed the costumes for his first major production on the Clarke stage.

The story takes place in Port Elizabeth, South Africa, in 1965. Johnny Smit, played by Doug Rodman, lives at home with his father who is deathly ill. Johnny's mother died 20 years prior to this. Hester, Johnny's sister, played by Kim Huettl, was frustrated with the pressures of caring for her sick father in his poor condition and left their home, leaving the responsibility to Johnny.

Their father worked on the railways in South Africa during the Depression, and after a terrible accident he was left with one leg. From then on, it became Johnny's sole obligation to care for his father.

Somehow, Hester hears that her father is nearing death. Remembering that her father had spoken of a

compensation from the railway company, Hester returns home to get her share of this large inheritance.

Upon her arrival, Johnny does not recognize his sister, who left 15 years ago. Their reunion results in a confrontation, creating an awkward situation.

The audience sits on stage, inches from the performers, similar to the Clarke productions of *Hedda Gabler* and *Under Milkwood*. Both Huettl and Rodman performed in these two plays and are familiar with the set up. Rodman said, "It makes it more real this way...we don't have to exaggerate everything...the audience perceives more of the subtleties." With this type of seating, the theater can only hold about 80 people.

Hester and Johnny are the only characters in the play. "It's definitely challenging, but it's a pleasure to work on a two person show because of the simplicity of acting and reacting with just one other person," said Huettl.

Rodman is pleased with the special attention he receives from director Tim Porter.

In a play with such a small cast, it is sometimes difficult to keep the audience's attention, but Huettl said, "there is strong emotional tension and suspense in the show, and that's exciting to watch!"

For reservations call 588-6329.

Video pro joins staff

by Theresa Trenkamp

Brian Blodgett is one of the newest members of the communication department. Blodgett teaches the audio visual and video classes.

Blodgett is a native of East Dubuque, Ill. He is the oldest of five children. During high school, Blodgett had the intention of becoming a doctor. He attended Augustana College in Rock Island and studied pre-med. "After two years I was determined that the medical field wasn't for me," Blodgett said.

Blodgett changed to a double major in psychology and education. He received his masters degree in education at Loras College.

Blodgett said he's always had an interest for speech and communication.

Blodgett then got involved in audio visual while working at Mercy Hospital in Dubuque as a media production specialist. Blodgett said, "I had to program and produce two half hour specials each week for the hospital that dealt with health promotional topics."

Blodgett decided to leave the hospital and start his own business, Precision Media, Inc. "The best part about starting your own company is

that you get to have the title of president," Blodgett said.

Precision Media, Inc. develops and designs marketing and training videos. His company also specializes in photography, slide presentations, brochures and television commercials.

Blodgett said, "I'm interested in teaching more at Clarke than just part-time, but right now I am actively engaged in my business."

"My primary reason for coming to Clarke was the strength of the computer program. I feel Clarke is moving toward high technology," said Blodgett. "Another reason I came to Clarke was to have the opportunity to work with young people and to guide and shape them."

"The appealing thing about Clarke's audio visual program is the emphasis on electronic field production as opposed to studio production," said Blodgett.

Blodgett's goal is "to create a top notch video training curriculum with the strength to place students in great jobs."

Blodgett is an action-oriented person who feels the best way to teach his students is to have "hands-on" experience with skill increasing.

Day care needs grow

by Judy Bandy

Some people wonder why women have children if they don't want to stay home and take care of them. That question implies that women have children only when they want them, that every woman knows exactly what it means to care for a child.

Some mothers are forced to work for economical reasons. Others find that caring for their children 24 hours a day is a frustrating experience for themselves and the children. Whatever the reasons, today, more than half of all American mothers hold jobs outside the home. This means that more than 13 million children are in some kind of day care. According to "The Working Parent's Guide to Child Care," about 35 percent are cared for at home, about 47 percent in another person's home and about 18 percent in day care centers.

Experts predict that by 1990, 75 percent of American mothers will be in the work force. Day care is rapidly becoming home for many preschool age children. Until recently, most children remained at home during the formative years. For many children, day care is their first experience outside the home. Child care once was the family's job. Well into the 1900's, when grandparents,

aunts and cousins lived in the same house or near enough for frequent visits, several adults shared the responsibilities of child rearing. But the situation has changed.

Today, the extended family is a rarity. Many of today's smaller families are geographically separated. The social, economical and emotional needs once filled by family, relatives and community, now must be met by this small social unit. The task is enormous and everyone is feeling the strain. As the trend continues, more and more parents are becoming aware of the need for quality day care.

"I checked out the day care situation when I first learned I was pregnant," said Pat Schissel of Dubuque, mother of two-year-old Jacob. "My mother was important to me and I knew I would want to return to my job as soon as possible." She found that as soon as possible, three of five local day care centers, three cared for 15 to 20 children a day. One cared for approximately 40 children a day, a larger one cared for more than 80 children a day.

"The larger one scared me off right away," said Schissel. "It was an old brick building surrounded by a very high fence. Inside the door was a time clock below a sign that read, 'Please make sure your child read, 'Please make sure your child is clocked out.' It reminded me of a

warehouse. The people were nice, but I just wouldn't have felt comfortable leaving Jacob in such a big place with so many strangers." Schissel ultimately decided on a smaller center because she said it was more like a family atmosphere.

Rod Kamm, who operates Pooh's Corner, a small Dubuque day care center, concurs. "Studies show that most children under four are scared by large group settings and need a one-on-one relationship with a teacher." Kamm, his wife Rosie and nine staff members care for 30 children between the ages of eight and 12, and 35 children, ages two to six. Not all come everyday, some come one or two days a week and others, a couple of hours a day. Kamm says 35 percent of the children at Pooh's Corner are cared for because their parents work. The rest come for pre-school classes.

Spurred by social trends, children's day care centers have grown tremendously since 1975. National chains are franchising throughout the country. The largest of these is Kindercare Learning Centers, Inc. of Montgomery, Ala. Kamm calls them "Kentucky Fried Day Care."

"When centers are being run by executives sitting in remote offices continued on page 4.



Brian Blodgett explains the functions of editing equipment to student Brian Ward. (Photo by Sue Dixon.)

Catholic education provides 'solid base'



by Kathy Wieland & Marie Rank

We want to take this opportunity to tell everyone, if you didn't know, that this week was National Catholic Schools Week. The theme for the week was "Touch The Future."

The week was for students, teachers, parents and the public and 12 Dubuque schools participated by holding events and fairs.

We know that many of you enrolled or working at Clarke have spent an adequate amount of time, if not all of your school years, attending Catholic schools and that you have fond memories of those times.

You have all had your fair share of waking up to polyester shirts and blouses, wool skirts with beautiful plaid designs, and maybe, if you were lucky, crosssties.

"Clarke is a Catholic institution, but people applying for enrollment don't have to fear many of the

delightful rituals that were practiced in elementary or high school.

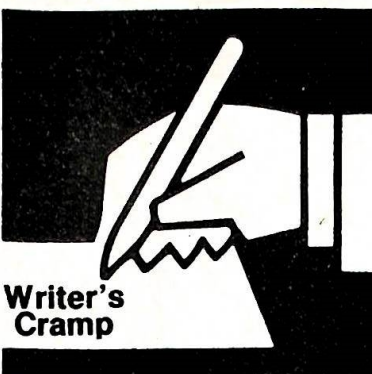
There is no detention. For those of you who aren't familiar with the term, maybe you knew it as jug, it means hours after school for breaking the dress code or chewing gum in class. Detention time was usually spent cleaning the bathrooms, copying pages out of the Bible or cleaning the chalkboard and stamping out the erasers.

As we look back at our Catholic grade school years, we hold nothing but admiration and respect for those teachers who rounded-up packs of students to take them to mass, of course, in single file lines. As adults, we now understand why their eyes bulged out of their heads when trying to keep the church absolutely quiet without leaving the pew.

We're glad we have come to a point in our lives where we know better than to fake sick to get out of class and that if we are sick, we can make our own decisions to stay home. Whereas, in grade school, even if ill, usually no one would believe the story and someone would show up to school anyway, prove themselves ill, go to the nurse and leave the rest of the class smelling that favorite childhood smell — sawdust.

We have not regretted the time and education received through the Catholic school system. The Catholic schools gave us an atmosphere of caring and respect for others. There are many things to look back and laugh at, but somehow we think it has given us a solid base in our lives to "Touch The Future."

'Why did I write this?'



Writer's Cramp

by Brian Baker

There are several questions that have been on my mind lately to which there are no answers that I can discover. I thought that I might take this opportunity to address them and offer anyone with possible answers a chance to show me how simple I am.

Why do my identification pictures never look like me? Is it the camera,

the developing process, or do I look that bad when the picture is taken?

Why do people always dig through a new box of cereal to get the cheap toy or freebie inside? Can't they wait a few days until the box is empty, or at least eat the entire box at one sitting?

Why do gummed backs on stamps taste so bad?

Why are babies so irresistible? I can never see my niece without having to hold her, but Tabitha always slobbers all over me and tries to convince me to shave by pulling out tiny fistfuls of my beard. Is it just my luck or are all four-month-old infants that way?

Why is all television considered to be bad? I rather enjoy the worthless soap operas, mindless violence and blatant sexuality. Of course, I also like professional wrestling and writing for the Courier.

Why do thin people wear oversized clothes? Do they have something

to hide? Are they ashamed they don't weigh more?

Who is responsible for the law making it illegal to remove the tag from your mattress? And why did he or she do this? Were they afraid of an increase of imported mattresses?

Why do nurses and doctors ask, "And how do we feel today?" Obviously, you don't feel well or you wouldn't be paying some bozo twenty-five bucks an hour to ask stupid questions. And why is it that the doctor who smokes cigars and weighs thirty pounds too much is the same doctor who tells you that you should lose weight and quit smoking?

Why is hospital food so bad? I've been in the hospital and have conducted hunger strikes to get real food brought to me. I've also wondered why Domino's doesn't deliver to Mercy Hospital.

Why does it take two to make a marriage but only one to screw it up? Why did I write this column?

Proper diet is essential

Bone problems avoidable



by Anne Hash

Although osteoporosis is usually diagnosed in elderly people, it actually begins between the ages of 30-35. One out of three women living in the United States today has, or will develop, this painful, crippling disease.

Men do develop osteoporosis, however, their bone loss starts later in life. Men also have larger bones than women and can afford more loss before fractures occur.

Evidence from many recent research studies strongly suggests that the disease can be prevented. Some people are at a higher risk than others. The risk factors include: white or oriental people (fair skinned), females, small boned or thin people, people with a family history of osteoporosis, people who lack exercise and diet low in calcium, and people who have a high alcohol consumption level. Cigarette smoking, high salt diets and heavy coffee intake are also risk factors leading to

the disease.

What is osteoporosis? Osteoporosis means increased porosity of the bone (bone thinning). The areas most often affected are the spine, hips and forearms. Fractures of the vertebrae begin to occur 10 years after menopause causing loss of height and a stooped posture called "dowager's hump." Hip fractures occur later in life.

How is osteoporosis diagnosed? Most diagnostic tests are not able to detect osteoporosis early enough to prevent damage. Loss of bone is visible by X-ray only after 30 percent loss has occurred. By then, fractures can occur.

Although controversy exists concerning the prevention and treatment of osteoporosis, most general guidelines include adequate calcium intake throughout life, weight bearing exercise and estrogen replacement after menopause.

An adequate intake of calcium is vital in building strong bones before age 35 and maintenance thereafter. Remember, the greater the bone mass, the less chance it will break. American women average one half or less of their daily calcium requirement. When your calcium intake is low, your body protects its vital functions, like the heartbeat, by taking calcium from the bones.

As we age, our need for calcium increases because of decreased absorption. The following values reflect the average amount of calcium needed daily:

young adults need 800mg daily
over 30—1000mg (1Gm)

over 50—(without estrogen replaced)
1500mg
pregnant women—1500mg (breast feeding, 200mg)

Increased calcium may be achieved by eating more dairy products, sardines and green leafy vegetables. Although food sources of calcium are preferred because of their increased absorption ability, a dietary supplement is recommended for persons unable to consume enough calcium foods. Calcium supplement can be purchased without a prescription, but none of the supplements contain pure calcium.

More important than treating osteoporosis is preventing it. Simple changes in dietary lifestyle and exercise could prevent pain, disfigurement and disability in later life. These habits should be stressed beginning in childhood and continued throughout life. We all have been told or have told our children to "drink milk for strong bones."

Accumulate as much bone tissue as possible before bone loss starts at age 35. Watch for further recommendations as they are released from current research. It's your body. Take care of it.

ISLI meeting set for Feb. 20

by Kathy Wieland

On the weekend of February 20-22, the Clarke chapter of the International Student Leadership Institute (ISLI) will hold its annual leadership conference.

S. Therese Mackin, BVM, and 10 Clarke students who are members of the ISLI chapter, will host high school juniors and seniors from schools within a 100 mile radius, including the Chicago area.

Each year, all Clarke students are invited to participate in the weekend and later asked to join the chapter.

ISLI was founded in 1966 at the University of Notre Dame in South Bend, Indiana, by Father Thomas Chambers.

ISLI presently boasts over 6,000 alumni across the country. The Clarke chapter was begun in 1972 and is dedicated to working with high school student leaders using a special philosophy that is based on

five objectives: awareness, self-confidence, positive thinking, values, and support.

Lisa Morrison, a senior at Clarke and a member of ISLI said ISLI is a great experience. "Some of us took a trip down to Notre Dame to see how they run their conferences," said Morrison. "I met a lot of high school students from all over the country. It was a great time."

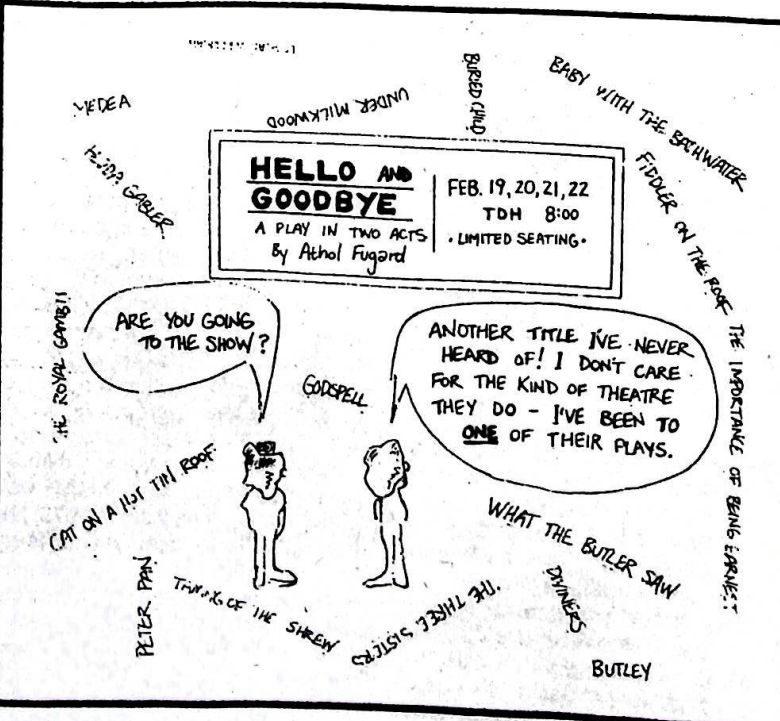
Once a student has attended one conference, they are lead through a series of meetings to prepare them for facilitating the following conference.

A facilitator's job is to lead a group of high school students through "tasks" that expose them to the five objectives of ISLI. "You meet a lot of interesting people," said Morrison.

ISLI's conference will be open to all Clarke students. Applications will be available next week. Read the daily bulletin for further information.

Friday night:

Join Annie & Brian in the Union at 8:00 for fine music and good spirits. A special event will join the entertainment to benefit Vicki Schmitt. One thousand paper cranes will be folded as part of a Japanese ritual to heal the ill. Please come and support Vicki and have a good time.



CLARKE COURIER

The Clarke Courier is published weekly during the school year except during breaks and examination periods by the students of Clarke College.

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The Courier welcomes any comments or letters to the editor. All letters must be signed. The editor reserves the right to edit letters when necessary and to refuse letters deemed unsuitable for publication. All correspondence should be addressed to the Courier Box 174.

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Photography: Jim Goetz, John Kemp and Joan Soppe.

Adviser: Mike Acton

Friday, February 6, 1987

Win

by Anita Kline & Joan Soppe

On Tuesday, January 20, members of the Clarke College presented a special presentation about the opportunity of attending college. The presentation included slides, recorded music and personal experience.

Winners: "What you may ask is the answer to the question 'What is the meaning of life?' Well, the answer is the music of the universe."

After receiving a B.A. from the University of Iowa, he took up regional studies at the University of Washington and his M.A. in International Studies in the course of his studies.

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Now Showing

by John Kemp

Outrageous Fortune (R), the comedy release from Arthur Hill, is a hilarious adventure film about a woman who is a stand-up comic, has a reputation of a town troublemaker, and is a non-stop comedy. When she latches on to a role, she seems to disappear the moment she is in the film. I was amazed of the roles that these actresses have played in the past. It is easy to see how these two women could come together to make a stand-up comic, has a reputation of a town troublemaker, and is a non-stop comedy. When she latches on to a role, she seems to disappear the moment she is in the film. I was amazed of the roles that these actresses have played in the past. It is easy to see how these two women could come together to make a stand-up comic, has a reputation of a town troublemaker, and is a non-stop comedy. When she latches on to a role, she seems to disappear the moment she is in the film. I was amazed of the roles that these actresses have played in the past. 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Winders shares India lore

by Anita Kline & Joan Soppe

On Tuesday, January 27, members of the Clarke community had the opportunity of attending a special presentation about India. The presentation included slides, tape recorded music and personally accounted experiences of Ethnomusicologist, Richard Winders.

"What," you may ask, "is an Ethnomusicologist?" Well, as the name implies, it is the occupation of studying the music of foreign cultures.

After receiving a B.A. in music from the University of Iowa, Winders took up regional studies at the University of Washington and received his M.A. in International Studies. In the course of his studies he encountered compound and complex

rythms in the music of George Harrison. The music, he discovered, was played with a gitar (an Indian instrument). Winders wanted to hear the real folk music from which Harrison's music originated. His curiosity led him to pursue a grant to study in India. He received the grant and proceeded to study in India for two years. He remained in India for a total of three and a half years.

Winders spent the majority of his time in the Komaon Hills in the Indian Himalayas, west of Nepal. There had been a number of studies done on Indian classical music, but he felt there was a great deal more at the heart of the music.

While in India, he wandered from village to village tape recording all different types of music from folk and religious to pop and film. In the process, Winders discovered that not only were the Americans given the wrong idea about Indian music, but they also had wrong impressions of the Indian people. Winders wanted to show people what India is really like and decided the best way to do so would be to write a novel.

Winders got to work right away. His fiction is based on the people he encountered in the Komaon Hills.

In the process of telling the story of two wealthy, feuding families, Winders manages to tell a great deal about life in India. "Readers are given clear images of Indian family life, animal sacrifices, exorcisms; which are a particularly common occurrence, violence, sex, love and marriage," said Winders.

Winders hopes that by reading his novel, Americans will become more

aware of the fact that the Indians are real people too. "We are not superior, and we don't need to keep a distance from these people," said Winders.

Along with his studies of music and his recently completed novel, Winders has done a great deal of photography on the subject of India. He gave a slide presentation on the women of India here at Clarke two

years ago and only two weeks ago, he shared his collection of slides again. His slides have now been sent to an agent in New York who will sell the prints to *Life Magazine* and other, foreign magazines.

Winders will hold a photo show at Clarke in the spring. His focus will be on a family located in a village where he studied.

World problems addressed

by Louise Wuchter

Serious concerns of pollution, nuclear waste, medical issues and various seed problems were divulged to the people who attended the Acres U.S.A. Conference in Kansas City, last November. I am an Iowa farmer from the Dubuque area who attended the conference and left with a feeling of hope.

Jim Martindale, a New York scientific consultant, addressed the pressing problem of pollution in our water, soil and atmosphere. He talked about the tragic chemical spill on the Rhine River that had happened that day. He said the impact of the disaster on the Europeans could be compared to a possible oil spill on the Mississippi and Columbia River at the same time.

How we learn how to adapt to the crises will mold our very existence. We must seek out better means of dealing with pollution.

Rita Engelken, of Greeley, Iowa, told people they could farm pollution-free, avoiding chemicals, by using crop rotation and careful soil testing techniques. Results have shown, a favorable cost/profit ratio. Wise use of crop and animal residue, incorporated with a compost starter, results in rich, homemade fertilizer. Engelken and her family has farmed pollution-free for 27 years.

Frank Ford, president of Arrowhead Mills and an organic farmer from Deaf Smith County, Texas, stated his views about nuclear waste. Ford became alarmed when he learned that Deaf Smith County was chosen as a nuclear waste disposal area. Because Ford was a nuclear submarine commander in the Vietnam era, he is knowledgeable about atomic energy problems.

Ford attended a government meeting where experts were trying to prepare the people of Deaf Smith County for a nuclear waste disposal site. Ford challenged the proposal of sinking a steel and concrete shaft through the Ogallala reservoir and a water table to provide for the nuclear waste disposal. He told them that the pounds per square inch of pressure on the shaft would rupture it, poisoning the water supply of the whole midwestern United States.

from Texas to North Dakota. The officers looked at him incredulously and didn't say another word, meeting adjourned. Nothing has been done since.

Medical issues were addressed by Dr. Keith Sehner, M.D., who discussed candida albicans, a common yeast infection. Sehner said that people do not realize the seriousness of the subtle disease. Sehner said people experience the infection most often as thrush, athlete's foot or vaginal infection, and it can take over the whole body. In its advanced stage it can cause fingernail loss, extreme depression and suicidal tendencies as well as a variety of other symptoms. The medical profession has identified candida albicans as a lesser form of AIDS. Sixty-five percent of the women and almost 40 percent of the men have some form of yeast infection.

The crisis of seeds was covered by many speakers. Pat Mooney told us of a world organization working for the preservation of native seeds, and of the insidious pharmaceutical companies buying up seed companies to insure the use of chemical companies and their products. This problem has developed as a result of the right to patent seeds and genes that recently became law. Farmers are threatened because they won't be able to save and plant their own seed, but will be forced to buy from the big conglomerates. Another concern, is that the hybrid seeds may not have enough nutritional value.

The bright spot of hope that was introduced in Kansas City, was the possibility of cultivating herbs and flowers for a possible new cash crop of potpourri. Richard Miller, of Grant's Pass, Oregon, explained that this is a very lucrative area for farmers to look into. Also, the collecting of wild herbs, known as wildcrafting, offers a source of revenue. Miller said it is possible to generate enough income from 25 acres of homegrown herbs to equal the return of 100 acres of corn.

Sharing on a one-to-one basis enabled us to explore the concerns of pollution, nuclear waste and medical insights. We were a part of a new and bio-dynamic movement.



Ethnomusicologist Richard Winders tells Anita Kline of his latest travels and works of India. (Photo by Joan Soppe.)

Midler, Long click in new flick

Now Showing



result of their dishing out money hand over foot, they refuse to allow her to enter their home.

Midler, on the other hand, feels right at home playing the role of a raunchy and tough looking broad of the 80's. Last seen in *Down and Out in Beverly Hills*, Midler has no difficulty in giving the audience a humorous look into the problems of show business.

Not only is the acting something to

look forward to, but the script is also a delight for audiences. Screenwriter Leslie Dixon manages to write a film that provides outlandish humor and an excellent chemistry between two performers. Seldom does a comedy film have the well-balance of performers to make it more than just humorous. This film does that and sometimes even more.

Midler and Long appear as though they are meant to work together.

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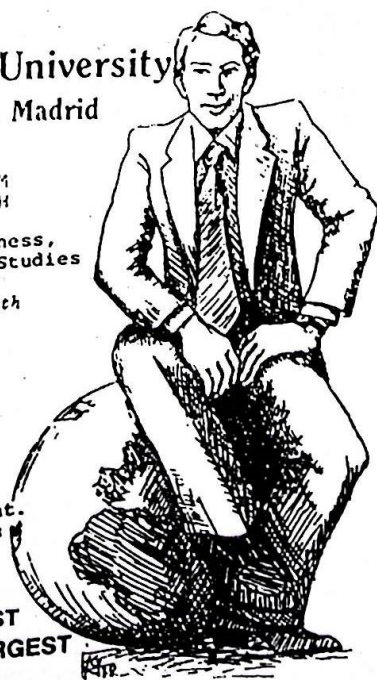
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